

NE LESSON CODE CH-000-15
Mammal-Baby Bingo**PARTICIPANTS:**

Children, ages 2–5. An adult or older child who can read is required to be the bingo caller.

OBJECTIVE:

By teaching young children that breasts are made to feed babies, and that humans, like all mammals, produce the perfect food for their babies, we promote breastfeeding for future generations. The objectives of this children's lesson are that the participant be able to:

- tell one reason why a mother's milk is important to her baby.
- state that all mammals produce milk to feed their young.
- state that humans are mammals.

MATERIALS:

Mammal-Baby Bingo game (attached). Make copies as needed. The game includes:

- 10 black-and-white bingo cards
- Black-and-white playing pieces for covering the squares on the bingo cards
- Black-and-white instructor mammal pictures with rhymes
- Black-and-white Mammal-Baby Bingo bookmark (attached)
- You may download a color version of the playing pieces, the bingo cards, the instructor's pictures and the bookmark from the Texas Department of Health WIC Web page: <<http://www.tdh.state.tx.us/wichd/bf/kids.htm>>

PREPARATION:

Copy and cut out enough playing pieces for each child to cover the squares on his bingo card. Laminate the instructor's picture cards and cover squares for durability. Either laminate or make enough copies of the bingo cards so each child in the class has one card.

Note about new lesson survey forms: The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of that lesson. Please note that the staff survey form is different from the participant survey form. Only 10–20 participant surveys need to be completed. Please mail completed new lesson surveys to:

Delores Preece
Texas Department of Health
Bureau of Nutrition Services
1100 West 49th Street
Austin, TX 78756

TEACHING TIPS:

Where to use the Mammal-Baby Bingo game:

- Play it in WIC children's classes.
- A parent, peer counselor, or volunteer could play it in WIC waiting rooms to entertain children while they wait for their parents to attend class.
- Use it as an activity at school health fairs, children's activities at public libraries, clinic picnics, or World Breastfeeding Month events.
- Peer counselors could leave a copy of the game with childcare workers they train using the manual *How to Support a Breastfeeding Mother in the Child-care Center*.

Classroom Decorating Ideas:

- Display pictures of mammals and their young on bulletin boards in the WIC classroom or wherever the game will be played.
- Cut out pictures of the mammals and hang them from the ceiling of the WIC classroom or waiting area.

Prize Ideas:

- A stuffed or plastic mammal.
- A board book about mammals.
- Mammal coloring sheets, attached to lesson CH-000-14, are available on the Web at <http://www.tdh.state.tx.us/wichd/nut/chlessons-nut.htm>.
- Be sure to give each child a Mammal-Baby Bingo Bookmark for playing the game.

Books About Mammals:

Call your local librarian for suggestions, or ask parents to ask their local librarian to stock the library with children's books about mammals and how they feed their young. Recommend the following books:

- *Baby Whales Drink Milk* by Barbara Juster Ebsen
- *Dolphin, Child's Play Pocket Pal*, available in educational bookstores for \$1.90
- *If My Mom Were a Platypus: Animal Babies and Their Mothers*, by Dia Michels, available in hardback for \$16.95 at http://www.platypusbooks.com/main_children.html

Playing the Game:

- If you are playing with a small group it is OK to look at the cards before you call a new mammal to make sure each child wins a game.
- To play:
 - Always start by showing and reading the "human" mammal card first. The "human" picture is at the center of each bingo card.
 - Ask the children to shout "bingo!" when they have covered one line of mammals. The line may be vertical, horizontal, or diagonal.
 - Play several times so that several children have a chance to win a prize.
 - You may need to watch the children and help them recognize and cover the animals on their cards.

ICE BREAKER

Read the words in **bold** to the class:

What is your favorite animal? Allow children to answer the question.

Some animals are called “mammals.” Mammals have hair and they have live babies instead of laying eggs. Do you have hair? Were you born alive or hatched from an egg? Are you a mammal? Yes, you are! All people are mammals.

All mammal mommies can make milk to feed their babies. Did your mommy nurse you when you were a baby? Maybe you are still nursing. Mommy’s milk is very good for babies. It helps them grow strong. It keeps them healthy.

ACTIVITY

Distribute Bingo cards and playing pieces. **I am going to show you pictures of some mammals. If you see the mammal in the picture on your card, cover it up with a playing piece, like this.** Show the children how to cover a picture on the card.

When you have covered all the pictures in one line, shout BINGO! The line can either go across like this (show the children how the line goes across the card), **up and down like this, or across (diagonal) like this. The first person to correctly shout BINGO wins!**

Start by holding up the human mammal picture first (the human is at the center of each bingo card.) Then say, **“This is a human. Do you have a picture of a human on your bingo card? If you do cover it up with a bingo square.”** (Hold up one of the bingo squares.)

Continue holding up the mammal pictures, one at a time. Say the name of each animal and ask the children to see if they have that mammal on their card. If they do, tell them to cover up the picture with a playing piece.

Each mammal picture has a rhyme beneath it. Read the rhyme as you wait for the children to find the mammal on their card. You don't need to read all the rhymes, but as you have time include them in the lesson to help children learn how some mammals nurse their babies longer than others.

Give the winner a prize and give each child a bookmark for playing.

EVALUATION

At the end of the game ask the children: **How is a mammal different from other animals?** (Wait for the children’s responses.) **Do mammals have hair? Do mammals have live babies? Do mammals make milk to feed their babies? Are you a mammal?**

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Mammal-Baby Bingo — Staff

LA# _____

Date _____

1. How responsive were children when you were playing the game? Check one:

- a. ☐ Very responsive
- b. ☐ Somewhat responsive
- c. ☐ Somewhat unresponsive
- d. ☐ Not responsive

2. Did you enjoy playing the game with the children? Check one:

- ☐ Yes ☐ No

3. Did most parents take the bookmark home? Check one:

- ☐ Yes ☐ No

4. How did parents respond to the class? _____

5. What comments do you have about this lesson or activity? _____

6. Will you use this lesson again?

- ☐ Yes ☐ No

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Texas Department of Health
Bureau of Nutrition Services
1100 W. 49th Street
Austin, TX 78756

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Mammal-Baby Bingo — Adult Participant

Check one answer to each question:

1. Did you and your child enjoy playing Mammal-Baby Bingo?

☐ Yes

☐ No

2. Did the class help your child learn more about why babies breastfeed?

☐ Yes

☐ No

3. Will you read the bookmark to your child?

☐ Yes

☐ No

4. Do you think this is a good lesson to use at WIC?

☐ Yes

b. ☐ No

5. What is the most useful thing you or your child learned from class today?

6. Comments:

Thank you for your time!

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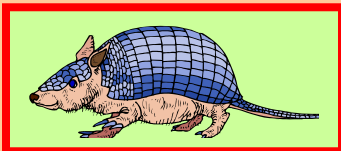
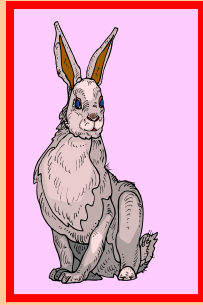
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Mammals have hair.

Mammals are warm-blooded. Their body temperature stays the same unless they are sick.

Mammals give birth to live babies.

Mammals produce food for their babies.

Mammal babies need their mother's milk to survive.

Every mother mammal's milk is the perfect food for her baby.

Humans are mammals.



<http://www.tdh.texas.gov/wichd/bf/kids.htm>

Parents: Cut out the two sides of the bookmark. Place them back-to-back with the printed sides facing out. Paste them together. Ask your child's teacher or public librarian to laminate the bookmark so it will last longer. Read about mammals aloud with your child. Help him name the mammals on his bookmark.